

Cold Safety Tips

The most vulnerable to hypothermia are:

- **Elderly people with inadequate food, clothing or heating.**
- **Babies and small children sleeping in cold bedrooms.**
- **People who remain outdoors for long periods - the homeless, hikers, etc.**

Wear layers of clothing to stay warm. Gloves and a hat will help prevent losing your body heat.

Wrap up well when going outside in the cold.

Don't forget your pets! Bring them indoors or make sure they have enough shelter to stay warm.

Know hypothermia symptoms: confusion, dizziness, exhaustion, and severe shivering.

Know frostbite signs: numbness, flushed gray, white blue or yellow skin discoloration.

Make sure your smoke and carbon monoxide detectors are working properly.

Protect against carbon monoxide poisoning:

- **Do not idle vehicles or gas powered machinery in garages or closed spaces.**
- **If using any gas powered space heater**
 - **Ventilate**
- **Do not use gas stoves for heating**

If you are concerned for yourself or a neighbor, contact the Sleepy Hollow Police Department at 914-631-0800